

Frederick County Infants and Toddlers Program/ Preschool Partners

“Kind words can be short and easy to speak but their echoes are truly endless.”

- Mother Teresa

From the Family Support Network Coordinator

I blinked my eyes, woke and next thing I knew March was upon me. The crocuses are budding through the snow. A sure sign that spring is on the way. We have been teased by 60-degree days only to turn around and feel the cold blast hit us in the face. With March coming I get excited because it means that not only spring is coming upon us, the days are longer and more time to enjoy the great outdoors.

Brian is finishing up his basketball season and informed me that he doesn't want to play recreational sports this spring. How could this be!!! I have had a child in every season of sports since Jonathan was 4. So that's 13 years. I finally have a season off. Oh what to do with myself!!! Yes, we will be busy doing recreational activities but to not have to sit on the side line in the rain will be painful but I am sure we will manage. Maybe we'll take up tennis again and play more golf. It will be an adventure this spring. I have high hopes of quality time, getting back to the basics of long hikes and bike rides, and gardening and home improvement projects. These are some of the things we have always enjoyed doing as a family. But remembering to find time for yourself is the key to being a good parent, a spouse and a friend to others and yourself. I joke a lot about my “me” time. Ok try and find it.... For me it is hidden in the

early morning hours. It's my coffee, the paper with a puppy on my lap finding solitude before everyone awakes. And guess what, I have to get up at 5:15 a.m. to find it. I am not saying you need to get up early to find it but take it where you can find it. This sense of renewal will get you through each day.

Julie DeRoner, Family Support Network Coordinator



From the Program Director

An exciting, but sometimes uncertain time for families is when their child nears three years of age and plans are made for services and supports after the Infants and Toddlers Program. Everyone works very hard to make this time of transition smooth and as stress-free as possible.

When your child is two years old, your Service Coordinator will begin to talk about “transition” from the Infants and Toddlers Program. For some families, that transition will include consideration of services through Frederick County

Public Schools, Division of Special Education. For all families it means consideration of public and private community resources, which might include childcare, therapy services, play groups, and/or parent groups.

By the time your child is within three months of his or her third birthday, you will have had a "Transition Planning Meeting" to talk about all of these options and resources. If you are considering services through Frederick County Public Schools, you will also meet with the Child Find staff before your child turns three.

There is a lot to do to get ready for three! Your Service Coordinator is your greatest resource. I encourage you to share your questions and thoughts early and often.

Dr. Monica Grant

Attention Parents - Sick Policy



For your child's health and the health of all children in the Infants and Toddlers Program, please notify your service providers if your family or child is ill. You should cancel services if your child has been vomiting or has had a fever (over 100 degrees) within 24 hours of his/her appointment or has an undiagnosed rash. Also if your child has a bad cough, the first 24-48 hours of a cold are the most contagious. If your child's illness is being treated with antibiotics, allow 24 hours from the start of medication before receiving our services. This includes siblings that are at home sick at the time of services. If you should have any questions or are uncertain whether to cancel your appointment please call 301-694-1611.

Holiday Closings

Please mark your calendars for the following days our program schedules will be modified:

Good Friday- April 14, 2006 center closed

Memorial Day- Monday May 29, 2006 center closed

Independence Day – Tuesday July 4, 2006 center closed

Family Support

In January 2006, Frederick County Infants and Toddlers Program (FCITP) successfully launched the first group session of its new twice-monthly support group. This group is for parents and families of children who have developmental concerns. Parents who have attended the group described the meetings as nurturing and a comfort. In these group sessions the emphasis is on learning from each other, coping with the unique challenges each family has, and finding inspiration and support. One year ago, a father said to me that no one can change the fact that his daughter

would have Downs Syndrome for the rest of her life. I responded that his daughter's diagnosis is a reality, however, he and his family can change the way they respond to it. They can choose to grow through or go through the experience.

The Frederick County Infants and Toddlers Program would like to be a part of each family's growth. We are happy to provide the therapies your children need but we would also like the opportunity to provide caregivers the emotional support through a networking group. This group is scheduled to meet every 2nd and 4th Monday of each month from 9:15 to 10:45 AM at the Frederick County Developmental Center at 350 Montevue Lane, Frederick Maryland. If you need further information or have any questions, the group facilitators, Angela Simon can be reached at 301-631-3264 and Julie DeRoner, Family Support Network Coordinator at 301-694-1617.

Angela Simon, MSW, LCSW-C
Social Worker

Parent to Parent: If you would be interested in talking to or meeting a parent whose child has needs similar to your child's, or mentoring a parent who has a child with a new diagnosis, please contact Julie DeRoner at (301) 694-1617 for further information.

Parent Corner



What I Learned By Lori M. Morris

My son Jake became a part of the Infants and Toddlers Program about a year ago. He was diagnosed with a 25% speech and cognitive delay and began services with Speech and Cognitive therapy. Several months later we discovered he had Sensory Integration Dysfunction and began Occupational Therapy.

When my family started this journey we thought that our son might not speak. We were in despair and denial. We were frightened and overwhelmed with decisions. We were angry and wondered what we did to bring this upon our child.

What we learned is that the Infants and Toddlers Program is a soft place to land in a world that is uneducated and uncertain about children who are delayed. We learned to trust in the Therapists and realized that everyone at Infants and Toddlers Program wanted to give our son the best chance to succeed in the goals we set for him.

We have been rewarded by the persistence of our Team and our work with our son with a happy, healthy boy who has exceeded our expectations. It took a year but we have a different child than one year ago. The work was hard

for him and for us. There were many tears (his and ours) and lots of frustration but the reward was worth it. We have learned that, for the three of us, there is a new normal. We learned not to compare our child to “typical” children, not to be embarrassed by his behavior and to love him for whom he is. Not who we expected him to be.

I am grateful for the chance to attend the many group classes that guided us through some tough times. Now, with the addition of the Infants and Toddlers Program Parents Support Group I am able to join with other parents who have the same fears I had and still have and find kindred spirits to share these feelings. I now have the chance to give my support and experience to other parents, to help them through hard times and share in their joys.

What I have learned is that I am stronger than I thought I could ever be. That my son has a better chance in the world that he would have had. Our family has benefited in so many ways from the compassion, caring, support and love that we have received from every single person we have come in contact with at Frederick County Infants and Toddlers Program.

We have a few short months before Jake “graduates” from this program and begins a new journey to Pre-School. But I have learned that with patience and endurance many things are possible and I owe our success to the Frederick County Infants and Toddlers Program.

| |
|--|
| <p style="text-align: center;">Staff Spotlight On Annie Kinland, Social Work Intern</p> |
|--|

Greetings from a Social Work Intern at the Infant and Toddlers program! My name is Annie Kinland and I am working on a Master degree in Social Work from the University of Maryland at Baltimore. I have been interning with the Infants and Toddlers Program since September and will complete my internship at the end of April. During my time at this program I have enjoyed getting to know staff members and families. I want to thank everyone that has helped me with such patience and kindness while I continue to learn my way around.

To tell you a little about me, I graduated from the University of Maryland in College Park in May of 2005 with a degree in Family Studies. During my time at Maryland, I spent a semester down under in Melbourne, Australia. While in Melbourne, I took classes at Australian Catholic University, learned to drive on the left hand side of the road and even held a wombat. In addition to adventures in Australia, I’ve also had my turn starring on Reality television. I was featured on an episode of A Makeover Story on The Learning Channel (TLC) that aired in October of 2003. I had always wanted to be on the show, and one of my best friends decided to send in an application as a joke. We ended up being selected to be on the show, and each got a new outfit, makeup, and our haircut and colored. The episode is currently in re-runs on The Learning Channel.

Parent Survey

Recently you were mailed a survey that will give you an opportunity to reflect on the service that your child has received through the Frederick County Infants and Toddlers Program. This survey is very important to us at the Infants and Toddlers Program as we look toward the future. If you have not received this survey and are interested in filling it out please contact our office at 301-631-3263



Your Rights to Privacy and to Release of Information

If electronic recording is appropriate to document early intervention services, staff of the Infants and Toddlers Program will:

- ☐ Explain to you the reason for the photographic, video and/or audio recording and the circumstances under which the recording will take place
- ☐ Obtain your written consent for making the recording and for releasing the recording.
- ☐ Retain the recording in your child's Early Intervention Record
- ☐ Release a copy to you, if requested, and to only those persons/agencies for which you have provided written consent.

Photographing, videotaping and/or audio taping staff or participants in FCITP

without the informed consent of each individual are not permitted.

Conferences & Classes

Let 's Learn About Series is Back!

The following sessions are remaining and will offer information, and an opportunity to network and share with other parents and caregivers. Space is limited. Please RSVP to Angela Simon, MSW, LCSW-C 301-631-3264. All sessions are on Monday's from 9:30 – 11:00 a.m.

April 3,2006 - Feeding and Nutrition
May 1, 2006 - Communication Delays
June 5,2006 - Emotional/Mental Health Issues.

Managing Challenging Behaviors
Tuesday's April 4-May 16, 2006
9:30-11:00 a.m.

Location: Frederick County
Developmental Center, Infants and
Toddlers Program

This is a 7-week Parenting group that will offer practical suggestions and opportunities to share ideas with other parents. Space is limited. Registration is required. Please call Angela Simon, MSW, LCSW-C at 301-631-3264

Understanding Special Education
Saturday, March 18,2006
9:00 a.m.- 12:00 noon
Walkersville Middle School
55 Frederick Street
Walkersville, MD

A workshop designed to give parents, or any interested party, a basic knowledge of the special education process. For parents who have never attended and IEP (individualized Education Plan)

meeting or have attended a meeting feeling ill-prepared and unsure of themselves, this is a great workshop to start preparing you to be a informed partner in developing your child's education plan.

For registration call Families Plus! at 301-694-9002. This program is co-sponsored by FCPS Partners for Success, Frederick County Developmental Center Infants and Toddlers program Family Support Network and Families Plus! For more information you may call Julie DeRoner at Frederick County Developmental Center at 301-694-1617 or Partners for Success at 240-236-8430.

Saturday, March 25, 2006
Maryland State Department of Education presents the 2006 Family Focus Conference at the Columbia Hilton, Columbia, MD. This is a full day of workshops, exhibits, and networking opportunities geared for families with children birth to 5 years of age. The conference theme is the Dance of the Partnership. The keynote speaker is Janice Fialka a nationally recognized speaker and author of the Dance of the Partnership, which provides a better understanding of the challenges of forming creative parent- professional partnerships. To reserve a packet, email your address to bmontane@msde.state.md.us or call 1-800-535-0182. Complimentary breakfast and lunch will be served.



Disability Awareness Expo

Saturday, April 1, 2006

Walkersville High School

81 Frederick Street

Walkersville, MD

9a.m.- 2 p.m.

Featured speaker: Peter Jensen, MD

Dr. Jensen is the director of the Center for the Advancement of Children's Mental Health- Putting Science to Work, Professor of Child Psychiatry at Columbia University. He also was the Associate director of Child and Adolescent Medicine at NIMH. Also author of the book Making the System work for your child with ADHD.

There will also be displays from agencies in the area that serve individuals with disabilities.

There is no charge for this conference.

Dr. Jensen's book will be available for sale. For more information please email slhwatkins@direcway.com

Autism/Asperger's

Friday- May 26, 2006

Cambridge, MD

Featuring Temple Grandin, Ph.D.

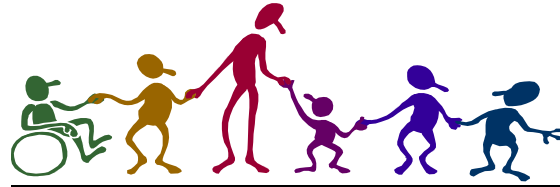
"Unwritten Rules of Social Relationships", Sheila Wagner- Inclusion: Making it work in Today's School's", Rebecca Moyes- "Addressing Social and Behavioral Challenges"

For more information go to www.fhautism.com or call 1-800-489-0727

**DAN (Defeating Autism Now)
Science Based Effective Treatments
Conference**

April 7-10, 2006

At the Hilton Washington Hotel,
Washington, DC for more information
and registration visit their website at
www.DANconference.com



Community Resources

Parents Learning Together

FCPS Partners for Success, FCDC
Infants and Toddlers Family Support
Network and Families Plus are pleased
to announce the following supportive
learning series for families of children
with disabilities. The series is held once
a month featuring different topics and
speakers. Time is also provided for
parents to have an opportunity to share
with one another.

**Location: North Frederick
Elementary School
101 Motter Ave.
Frederick, MD
Time: 7- 8:30 pm**

**The following topics still remain
April 19- Sensory Processing and
Learning, presenters will be Mary
Lou Downs, OTR/L with Frederick
County Developmental Center and
Barbara Luborsky, OTR/L with Way
to Grow.**

**May 10- Summer Activities
Sharing of information on summer
programs**

Judy Center 1-240-236-8770

The Judy Center is a place where needs
of families are met through many
different agencies. At the Frederick
County Judy Center, their goal is to
improve school success through early
intervention, comprehensive services to
families, and support programs that
serve young children.

Mom's Club listings- Support group for
stay at home Mom's at different
locations throughout Frederick County
Frederick City - email -
frederickcitymom.com

| | |
|-----------------|--------------|
| Frederick North | 301-662-7940 |
| Frederick South | 301-874-1771 |
| Frederick West | 301-695-3606 |
| Mount Airy | not given |
| New Market | 301-865-6831 |
| Thurmont | 301-271-4318 |
| Urbana | 301-865-5317 |
| Walkersville | 301-695-0181 |

Parents Day Out Provides much
needed respite care for parents and
guardians of children with
developmental disabilities. This program
is open to children from ages 3 to 14 and
siblings in this age group. Pre-
registration is required. For more
information and registration call The Arc
301-663-0909

CAFE is gathering place for parents and caregivers of young children in the Brunswick area. Children and parents socialize and participate in developmentally appropriate activities to broaden and expand cognition. It is also a fun place to meet. Thanks. If you have any questions please call or e-mail. Cathy Spence
301-834-5147

Autism Support Group that focuses on Diet and Nutrition. This support group was formed to inform parents about diet and other interventions. This group meets the second Sunday of each month at the Robinwood Church of God on Warrenfeltz Rd. in Hagerstown. For more information please contact Denise Hovermale at 301-797-5531 or visit their listing at **www.gfcdiet.com**

**Things to Do, Places to Go with Kids,
Family, & Friends**

*(For more county events, visit
www.fredericktourism.org)*

EASTER EGGSTRAVAGANZA

Date: April 8, 2006

Hours: 12-2pm

Description: Egg hunts, egg decorating contest (you bring from home), bonnet and hat contest, parade, scavenger hunt and games, music and more.

Location: Square Corner Park & Downtown Brunswick

Contact:
(301) 834-7500

SURREYBROOK SCAVENGER

HUNT

Date: April 15, 2006

Hours: 11am-1pm

Description: Children can participate in a scavenger hunt at the children's garden.

Location: Surreybrooke Gardens, 8537 Hollow Rd. (Rt. 40 & Hollow Rd.)
Middletown

Contact: (301) 371-7466

EARTH DAY CELEBRATION

Date: April 22, 2006

Hours: 12-3pm

Description: Celebrating the amazing diversity of our planet with games, information and activity stations.

Location: Catoctin Wildlife Preserve & Zoo, 13019 Catoctin Furnace Rd.,
Thurmont

Contact:
(301) 271-4922

**FRUHLINGFEST AT
SCHIFFERSTADT**

Date: April 29, 2006

Hours: 10am-4pm

Description: A German celebration of spring including traditional foods and games. Highlighted by demonstrations of colonial crafts, children's activities, wine and cheese tasting, plan sale and spring tours of the heritage garden and Schifferstadt Architectural Museum.

Location: Schifferstadt Architectural Museum, 1110 Rosemont Ave, Frederick

Contact:
(301) 668-6088

FARM MUSEUM SPRING FESTIVAL

Date: April 29 & 30, 2006

Hours: 12-4pm

Description: The Children's Museum offers craft demonstrations, manor house tours and hands on crafts, activities and games for children. The Farm Museum offers a tractor pull, kiddie pedal pull, music, animals, hayrides, food and more.

Location: Rose Hill Manor Park, 1611 N. Market St., Frederick

Contact:
(301) 694-1650

THE FREDERICK HERITAGE FESTIVAL

Date: May 6, 2006

Hours: 1-5pm

Description: Celebrate the grand opening of Frederick County's newest park: Old National Pike District Park. This event features spring crafts and old-fashioned picnic games including pie eating contest, sack races, egg toss, balloon toss, cakewalk, and 3 legged races. Enjoy entertainment and a picnic lunch.

Location: Old National Pike District Park, 12406 Old National Pike, Mt. Airy

Contact:
(301) 696-2936

17TH ANNUAL CHILDREN'S

FESTIVAL

Date: May 6, 2006

Hours: 10am-3pm

Description: A day of free, hands-on activities and entertainment where children ages 2 - 8 and their families can celebrate the wonders of childhood.

Location: Baker Park, 2nd and Bentz St., Frederick

Contact:
(301) 662-4549

FREDERICK CELTIC FESTIVAL

Date: May 13, 2006

Hours: 10am-6pm

Description: Pipe bands, Celtic dancers, vendors, clan tents, entertainment featuring Albannach and Birnam Wood, both high energy bands and Andrew Steed, a storytellers. Afternoon tea and Scottish Highland games.

Location: Urbana Volunteer Fire Department Fair Grounds, 3602 Urbana Pike (Rt 355) Frederick

Contact:
(301) 846-0406

CHILDREN'S DAY

Date: May 13, 2006

Hours: 9:30am-5:30pm

Description: Children's activities and games, water gardening lectures, product seminars, etc.

Location: Lilypons Water Gardens, 6800 Lily Pons Rd., Adamstown

FAMILY ZOO-FARI SLEEPOVER

Date: May 13, 2006

Hours: 6pm-9am

Description: Tent sleepover in the zoo, twilight tour, light breakfast. Ages 5 and up with adult supervision required.

Location: Catoctin Wildlife Preserve & Zoo, US 15 North, Thurmont

Contact:
(301) 271-4922

MT AIRY MAYFEST

Date: May 20 & 21, 2006

Hours: Sat 9am-5pm, Sun 10am-5pm

Description: Juried arts and crafts festival, family entertainment, children's area and much more.

Location: Main Street Mt. Airy

Contact:
(301) 829-2112

ARMED FORCES DAY CELEBRATION

Date: May 20, 2006

Hours: 10am-9:30pm

Description: Military displays, vehicles, demonstrations, carnival and fireworks display.

Location: Ft. Detrick

Contact:
(301) 619-2018

FAMILY MOVIE NIGHT IN THE PARK

Date: May 26, 2006

Hours: 7pm

Description: Bring your blankets and lawn chairs for food and snacks followed by a family movie at dark. Make this a

night for the whole family to enjoy.

Location: Middletown Park, Coblentz Rd., Middletown

Contact:
(301) 371-6171

FREDERICK FESTIVAL OF THE ARTS

Date: June 3 & 4, 2006

Hours: Sat 10am-6pm, Sun 10am-5pm

Description: Annual National arts festival held first weekend in June in historic downtown Frederick. Juried arts market, entertainment, children's activities, literary activities, multi-cultural food, film festival and art demonstrations.

Location: South East Street and Carroll Creek Park, Frederick

Contact:
(301) 694-9632

AOPA FLY-IN AND OPEN HOUSE

Date: June 3, 2006

Hours: 8:30am-5pm

Description: 100 aviation exhibits, seminars on safety and other GA issues, dozens of aircraft on display.

Location: AOPA Headquarters, 421 Aviation Way, Frederick

Contact:
(301) 695-2000

FAMILY EXPO

Date: June 3, 2006

Hours: 10am-4pm

Description: The Family Expo is one of

the largest children's and family events in the Frederick and surrounding area. Great exhibitors, one-stop shopping, delicious food, prizes, education and entertainment provide your family an enjoyable free day of fun.

Location: The Great Frederick Fairgrounds, 797 E. Patrick St., Frederick

Contact:
(301) 748-3626

GREAT BRUNSWICK RIVER RACE

Date: June 10, 2006

Hours: 11am-3pm

Description: Held in conjunction with the Potomac River Family Festival. Watch the crazy happenings on the Potomac river. The race is located at the campground boat ramp. Boat entry categories include: homemade craft/bathtub, cardboard boats, tube, 1-mile races and more! Call for fees to enter.

Location: C & O Canal in Brunswick

Contact:
(301) 834-7500

SUMMER CONCERT SERIES

Date: June 11, 18, 25, 2006

Hours: 7pm

Description: Free outdoor musical performances in Baker Park's band shell.

Location: Baker Park band shell, 121 N. Bentz St., Frederick

Contact:
(301) 694-2489

Yummy Treats

Chocolate Mint Brownies

1-cup sugar
½ cup butter (1 cube)
4 eggs
1-cup flour
½ tsp. Salt

Mix into above:
1 - 16oz. Hershey chocolate tsp
syrup(2cups)
1 tsp vanilla
½ cup chopped nuts (optional)
Pour into 9x13 greased pan.
Bake at 350 for 30-35 minutes Cool.

Mint Layer
2 Cups powdered sugar
few drops green food coloring
½ cup butter
2 tsp. milk
½ tsp. peppermint extract

Mix and spread over cooled brownies.
Let set.
Melt 1 cup Chocolate chips(6 oz.) with 6 Tbs. Butter.
Pour over mint layer
Refrigerate until set and cut into small squares.